



## Plum-Glazed Country Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds pork ribs bone-in country-style
- 12 ounces chili sauce
- 12 ounces plum preserves
- 0.3 cup soya sauce
- 0.3 teaspoon hot sauce hot

### Equipment

- sauce pan
- oven

## Directions

- Place ribs in two ungreased 13x9-in. baking dishes.
- Bake, uncovered, at 350&deg; for 45 minutes; drain.
- In a small saucepan, combine the remaining ingredients. Bring to a boil, stirring occasionally.
- Remove from the heat. Set aside 3/4 cup sauce for serving.
- Brush ribs with some of the remaining sauce.
- Bake, uncovered, until ribs are tender, 30–45 minutes, turning and basting frequently with remaining sauce.
- Serve with reserved sauce.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:15.91, Inflammation Score:-3, Nutrition Score:17.533043550408%

## Nutrients (% of daily need)

Calories: 601.46kcal (30.07%), Fat: 37.31g (57.41%), Saturated Fat: 11.98g (74.86%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 36.58g (13.3%), Sugar: 26.4g (29.34%), Cholesterol: 127.01mg (42.34%), Sodium: 1120.32mg (48.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.09%), Selenium: 36.3µg (51.86%), Vitamin B6: 1mg (50.13%), Vitamin B3: 8.38mg (41.92%), Vitamin B1: 0.56mg (37.06%), Vitamin B2: 0.47mg (27.75%), Zinc: 4.09mg (27.29%), Phosphorus: 263.48mg (26.35%), Vitamin D: 3.65µg (24.34%), Potassium: 589.83mg (16.85%), Vitamin C: 10.64mg (12.9%), Iron: 2.17mg (12.04%), Copper: 0.23mg (11.73%), Vitamin B5: 1.03mg (10.28%), Vitamin B12: 0.6µg (10.05%), Vitamin E: 1.46mg (9.7%), Magnesium: 35.11mg (8.78%), Fiber: 1.55g (6.19%), Vitamin A: 289.37IU (5.79%), Calcium: 42.28mg (4.23%), Manganese: 0.07mg (3.46%), Folate: 9.82µg (2.45%), Vitamin K: 2.21µg (2.11%)